

Training Plan Summary

My plan: **Omskirk10K**

End date: **26/09/2010**

Level: **Beginner**

Distance: **10 K / 6.21 M**

You are entering a 10km road race for the first time.

Pace guide

Schedule

Easy - Very relaxed and easy pace.

Steady - Controlled even pace. Faster than easy but you're still able to chat with training partners at this speed.

Week 1 | My training

Monday	10 mins easy run / walk
Tuesday	Rest
Wednesday	Rest
Thursday	15 mins easy run / walk
Friday	Rest
Saturday	Rest
Sunday	15 mins easy run / walk

Week 2 | My training

Monday	Rest
Tuesday	10 mins easy run / walk
Wednesday	Rest
Thursday	15 mins easy run
Friday	Rest
Saturday	15 mins easy run
Sunday	Rest

Week 3 | My training

Monday	Rest
Tuesday	15 mins easy run
Wednesday	Rest
Thursday	10 mins easy run
Friday	Rest
Saturday	20 mins easy run
Sunday	Rest

Week 4 | My training

Monday	Rest
Tuesday	15 mins easy run
Wednesday	Rest
Thursday	15 mins easy run
Friday	Rest
Saturday	20 mins easy run
Sunday	Rest

Week 5 | My training

Monday	Rest
Tuesday	20 mins easy run
Wednesday	Rest
Thursday	15 mins easy run
Friday	Rest
Saturday	Rest
Sunday	20 mins easy run

Week 6 | My training

Monday	Rest
Tuesday	15 mins easy run
Wednesday	Rest
Thursday	15 mins easy run
Friday	Rest
Saturday	Rest
Sunday	25 mins easy run

Week 7 | My training

Monday	Rest
Tuesday	15 mins easy run
Wednesday	Rest
Thursday	15 mins steady run
Friday	Rest
Saturday	Rest
Sunday	25 mins easy run

Week 8 | My training

Monday	Rest
Tuesday	15 mins easy run
Wednesday	Rest
Thursday	20 mins easy run
Friday	Rest
Saturday	10 mins easy run
Sunday	15 mins steady run

Week 9 | My training

Monday	Rest
Tuesday	15 mins easy run
Wednesday	Rest
Thursday	20 mins steady run
Friday	Rest
Saturday	10 mins easy run
Sunday	20 mins easy run

Week 10 | My training

Monday	Rest
Tuesday	20 mins easy run
Wednesday	Rest
Thursday	15 mins steady run
Friday	Rest
Saturday	15 mins easy run
Sunday	25 mins easy run

Week 11 | My training

Monday	Rest
Tuesday	20 mins easy run
Wednesday	Rest
Thursday	20 mins steady run
Friday	Rest
Saturday	10 mins easy run
Sunday	30 mins easy run

Week 12 | My training

Monday	Rest
Tuesday	20 mins easy run
Wednesday	Rest
Thursday	15 mins steady run
Friday	Rest
Saturday	15 mins easy run
Sunday	35 mins easy run

Week 13 | My training

Monday	Rest
Tuesday	20 mins steady run
Wednesday	Rest
Thursday	15 mins easy run
Friday	Rest
Saturday	20 mins easy run
Sunday	40 mins easy run

Week 14 | My training

Monday	Rest
Tuesday	10 mins easy run
Wednesday	Rest
Thursday	15 mins steady run
Friday	Rest
Saturday	15 mins easy run
Sunday	45 mins easy run

Week 15 | My training

Monday	Rest
Tuesday	15 mins easy run
Wednesday	Rest
Thursday	15 mins easy run
Friday	Rest
Saturday	10 mins easy run
Sunday	20 mins easy run

Week 16 | My training

Monday	Rest
Tuesday	20 mins easy run
Wednesday	Rest
Thursday	15 mins easy run
Friday	Rest
Saturday	10 mins easy run
Sunday	10 km race with easy warm up and cool down